

Crews Into Shape Rules & Scoring

Rules

1. In order to participate, individuals must be active duty, reservist, retiree, family member or civilian employee of the Navy/Marine Corps.
2. The contest will be 4 weeks in length.
3. Each member must weigh-in at beginning and end of program.
4. The team must have between 4 and 10 members.
5. Each team must have a team leader, and team must select a team name.
6. Each week, participants must submit their exercise, fruit/vegetable and water log, and any sick days to their team leader.
7. Each member must set a weight loss, maintenance or weight gain goal (0-10 pounds). The weight loss and weight gain goal should be **no more than** 10 lbs for the 4-week period of the contest. If you choose to maintain your weight, you must be within 5 lbs of your start weight at the end of the contest to earn points.
8. Each member must exercise 30 minutes 5 days a week (time can be broken up into segments for those that can not find 30 minutes at one time), and eat 5 or more fruits & vegetables/ day, 5 days a week
9. Each member must submit program evaluations to team leader.
10. Each member must agree to the rules above.

Scoring

Points will be collected for: Exercise; Attaining weight goal; Eating 5 or more fruits & vegetables a day; and submitting reports on time. Extra points will be given to those drinking the appropriate amount of water a day based on the calculations.

Jump Aboard and Crews Into Shape



Confidentiality: Team captains and Contest director will be responsible for the confidentiality of all information submitted by team members. Each team should decide how the confidential information is passed before the start of the contest. Remind teammates to be respectful of each other.

Sickness: Please do not exercise if you are sick. Please give your team leader a note with the number of days you were sick so the points can be adjusted accordingly. This will help you avoid being penalized for not exercising. If you are sick longer than two weeks, you may want to be administratively dropped from the team.

Excused Forfeits: Team members who have to drop out from the contest for reasons **beyond their control** will not penalize the team. The points that have been accumulated from that member will be deleted, and the team size will be adjusted just as if that person had never started the contest.

Unexcused Forfeits: Team members who dropout for a reason within their control, (i.e. frustration over failure to lose weight) will cause the team to incur a 50-point penalty. The team size will be adjusted after the punitive points are assessed. The points that have been accumulated from that member will be deleted and there will be no further punishment from that member. The decision about the legitimacy of withdrawal is the responsibility of the contest director and team captain.

Pregnancy: If you become pregnant during the contest scoring will be adjusted. Weight loss is not healthy and a weight gain scoring system will have to be set in place. Pregnant members should not workout or set weight goal without their doctor's clearance. Please make sure your team leader is kept up to date on participation status.

Weight Goals: The first rule of thumb is to set a realistic goal. The weight loss and weight gain goals should be set between 1 and 10 pounds. Any further questions can be directed to the team leader or the contest director. If you choose to maintain weight, right the word maintain on the registration form in the goal weight slot.

Weigh-ins: The team leader will weigh-in their team. Discuss what works best for team and set the time. To help with accuracy, be consistent in the type of

clothing worn at weigh in (i.e. uniform every time) and no shoes. Use the same scale if possible for both pre and post weigh-ins. There are many things that affect your weight. To name a few, what you eat and drink and amount of activity affect your weight as well as fluid retention, menstrual cycle and time of day.

Team leader must conduct all weigh-ins in a confidential manner.

Exercise: Points will be given for 30 minutes of exercise per day for five days out of the week. The exercise must be aerobic activity or resistance training but **must** include a 10-minute cardio (aerobic) warm up. Each member keeps his or her own record of exercise that is turned into the team leader once a week; this will be based on the honor system. The exercise does not have to be done all at the same time; it can be broken up into two 15-minute segments or three 10-minute segments if schedule does not permit, i.e. underway. For more successful body fat loss, it is better to try and do the 30 minutes at one time. To help you develop your exercise program refer to the NEHC web page <http://www-nehc.med.navy.mil/hp/fitness>. If you desire a more in-depth program contact your contest director.

5 A Day: Five or more servings of fruits and vegetables must be eaten each day for five days out of the week. For more information on 5 A Day and to see what a serving size is please refer to the NEHC web page for nutrition resources <http://www-nehc.med.navy.mil/hp/nutrit>

Water: Extra points (1/day) will be given to those who drink their personal amount of water a day based on the "How much Water Do You Need" resource page.



What Counts

Exercise

The basic rule is that activity needs to be **cardiovascular (aerobic activity)** in nature or **strength/resistance training** in nature with at least a 10 minute warm up.

Aerobic activity is the activities of moderate intensity that use large muscle groups with energy supplied aerobically (with oxygen). **Strength/Resistance** training involves applying force with movement. You can use free weight equipment, weight lifting machines such as Cybex, or rubberized tubing or any other type of equipment that adds resistance to work against.

Activity Ideas

Swim
Bike
Walk
Jog/Run
Rowing
Aerobics
Stair Climber
Cross Country Ski
Circuit Weight Training w/10 minute warm up
Weight Training w/10 minute warm up
Rope Skipping
Backpacking/Hiking
Rock Climbing
Skating (ice, roller, blades)
Basketball
Bowling
Walking
Racquetball
Soccer
Softball
Tennis
Ultimate Frisbee
Volleyball

Fruits and vegetables

What doesn't count:

Fruits and vegetables that have a majority of the calories from added fat and or sugar do not count. Examples of this are fried okra, French fries, fruit rollup, fruit pie filling in the thick heavy syrup etc.

What does count:

- ❖ 1 medium fruit or $\frac{1}{2}$ cup of small or cut up fruit
- ❖ $\frac{3}{4}$ cup (6 oz) 100% fruit or vegetable juice
- ❖ $\frac{1}{4}$ cup dried fruit (raisins, apricots, dates)
- ❖ $\frac{1}{2}$ cup raw or cooked vegetables
- ❖ 1 cup raw leafy vegetables (lettuce, spinach)
- ❖ $\frac{1}{2}$ cup cooked beans or peas



The following is a list of good choices:

Fruit List	Serving Size
Apple	1 med.
Banana	1 med.
Blueberries	$\frac{1}{2}$ cup
Cherries	$\frac{1}{2}$ cup
Dried Fruit	$\frac{1}{4}$ cup
Fruit cocktail,	$\frac{1}{2}$ cup
Grapefruit,	$\frac{1}{2}$ fruit
Grapes,	20 grapes or $\frac{1}{2}$ cup
Kiwi fruit	1 med.
Mango	$\frac{1}{2}$ mango or $\frac{1}{2}$ cup
Nectarine	1 med.
Orange	1 med.
Papaya	$\frac{1}{2}$ papaya
Peach	1 med. or $\frac{1}{2}$ cubes
Pears	1 med. pineapple
Plums	1 med.
Raisins	$\frac{1}{4}$ cup
Raspberries	$\frac{1}{2}$ cup
Strawberries	$\frac{1}{2}$ cup
Tangerines,	$\frac{1}{2}$ cup
Watermelon	$\frac{1}{2}$ cup

Vegetable list

Green leafy salad
Artichoke, cooked
Asparagus, cooked
spears)

Bean sprouts

Beans, cooked

Beets, cooked

Broccoli

Brussels sprouts

Cabbage

Carrots

Cauliflower

Celery, cooked

Celery, raw

Corn

Cucumber, slices

Eggplant

Kale, cooked

Lentils

Lettuce or cabbage leaves

Mushrooms, chopped

Okra, chopped

Onions, chopped

Parsnips

Peas

Peppers

Potato

Pumpkin, mashed

Squash

Succotash

Sweet potato

Tomato, raw

Zucchini

Serving Size

1 cup

1 med.

$\frac{1}{2}$ cup (6

1 cup

$\frac{1}{2}$ cup

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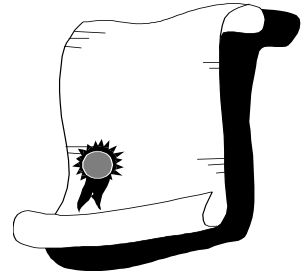


WATER

(8 ounces = 1 cup) Flavored water is okay, but anything with caffeine or a lot of sugar added does not count (i.e. tea, coffee, and soda pop).

Scoring and Awards

Points are earned in a variety of ways including weight loss points, exercise points, extra points and punitive points. Please take a moment to become familiar with the following scoring system.



1. Exercise Points:

- ❖ There are **20 points** possible for exercise during the 4-week program per participant.
- ❖ One point is awarded per workout per day.
- ❖ No extra points are given for more than 30 minutes each day or more than 5 days per week.
- ❖ The exercise must be aerobic activity or resistance training but **must** include a 10-minute cardio (aerobic) warm up.
- ❖ Each individual member sets his or her own intensity (see last page - Rate of Perceived Exertion).
- ❖ Exercise missed due to sickness will be compensated for up to 1 week.

2. 5 A Day Points:

- ❖ There are **28 points** possible during the 4-week program per participant.
- ❖ One point is awarded per day for each day that a combination of 5 fruits and vegetables are eaten, for 5 days out of the week. One extra point will be given per day if participants eat 5 A Day on either of the 2 remaining days.

3. Extra Water Points:

- ❖ There are **28 points** possible.
- ❖ One point is awarded per day for each day that a member drinks their personal total # of oz/day for 7 days out of the week. (based on handout "How Much Water Do You Need"?)

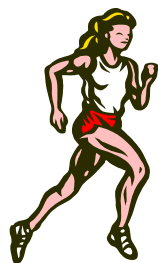
4. Extra Points:

- ❖ **20 points** will be awarded for each team member who meets their **weight goal** at the end of the contest. For individuals who choose to maintain their weight they must be within 5 pounds of their starting weight.
- ❖ **20 points** will be awarded for each team member who achieves the 20 possible **exercise** points for the contest.
- ❖ **10 points** will be awarded for each team member who achieves the 20 possible **(5 A Day)** points and **20 points** will be awarded for each team member who achieves the 28 possible **(5 A Day)** points for the contest.
- ❖ **10 points** will be awarded for each team member who achieves the 20 possible **water** points and **20 points** will be awarded for each team member who achieves the 28 possible **water** points for the contest.
- ❖ **100 points** will be awarded to the team if all team members accumulate 20 points by eating a combination of 5 fruits and vegetables a day for 5 days for the 4-week span.
- ❖ **100 points** will be awarded to the team if all team members accumulate 20 **exercise** points.
- ❖ **100 points** will be awarded to the team if all team members accumulate 20 water points.
- ❖ **100 points** will be awarded to teams that submit their final report on time (at the end of the 4-weeks).

5. Punitive Points:

- ❖ The team will be penalized 50 points for unexcused dropouts (i.e. just tired of the program).
- ❖ No penalties will be made for dropout due to transfers or quit job, sickness, and medical emergencies.

- ❖ A team member may be administratively dropped from the competition. This will be a collective decision between the Contest director, team leader and the team member.



Feeling Your Exercise Rate of Perceived Exertion (RPE)

Maximal Heart Rate is 220- Your Age	
0	Resting
1	Very, Very Light
2	Very Light
About 50% of Maximal Heart Rate	
3	Light
4	Moderate
About 60% of Maximal Heart Rate	
5	Moderate
6	Somewhat Hard
About 70% of Maximal Heart Rate	
7	Hard
8	Very Hard
About 80% of Maximal Heart Rate	
9	Very, Very Hard
10	Maximal

Note: Medications which control your heart rate and response may mislead you. Ask your doctor about this before exercising.